

Coaches:

- Amanda Burnard, Head Coach
- Amy Heath, Head Coach
- Cortney Evans-Eppolito, Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	LEAGUE TRANSPORTATION / NON- LEAGUE
Jan 14, 2023	Sat	Practice	∍ N/A	10:00 AM	12:00 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center)		
POSTPONED Jan 17, 2023	Tue	Practice	e N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		
Jan 18, 2023	Wed	Practice	e N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)		
Jan 19, 2023	Thu	Practice	e N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		
Jan 20, 2023	Fri	Practice	e N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)		
Jan 21, 2023	Sat	Practice	e N/A	10:00 AM	12:00 PM	Indian River High School Main Gym		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 23, 2023	Mon	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Jan 24, 2023	Tue	Regular Season	General Brown	4:30 PM	6:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
POSTPONED Jan 25, 2023	Wed	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Jan 26, 2023	Thu	Regular Season	@ Lowville	6:00 PM		Lowville High School	Bus/Driver: Coaches Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:45 PM Return Date: Return Time: 8:30 PM	L
Jan 27, 2023	Fri	Practice	N/A	2:30 PM	4:00 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			
Jan 28, 2023	Sat	Practice	N/A	10:30 AM	12:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			

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Jan 30, 2023	Mon	Regular Season 42-8 W	Carthage	6:30 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Jan 31, 2023	Tue	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			
Feb 1, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			
Feb 2, 2023	Thu	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			

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Feb 3, 2023	Fri	Practice	: N/A	2:30 PM	4:30 PM	Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym #2 (Center)			
Feb 4, 2023	Sat	Regular Season	@ South Lewis	10:00 AM		South Lewis Elem Gymnasium	Bus/Driver: Coaches Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 8:15 AM Return Date: Return Time: 2:30 PM	L
Feb 6, 2023	Mon		Belleville Henderson	6:30 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)	Bus/Driver: Coaches Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:30 PM Return Date: Return Time: 8:30 PM	L
Feb 7, 2023	Tue	Practice	: N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 8, 2023	Wed	Practice	· N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

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Feb 9, 2023	Thu	Regular Season	South Jefferson	6:30 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Feb 10, 2023	Fri	Practice	N/A	2:30 PM	5:00 PM	Indian River Intermediate School Main Gym			
Feb 13, 2023	Mon	Regular Season	Watertown	6:30 PM		Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side)			L
Feb 15, 2023	Wed	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			
Feb 16, 2023	Thu	Regular Season	@ General Brown	4:30 PM	6:00 PM	B-GP Elem Gym	Bus/Driver: Coaches Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 8:00 PM	L
Feb 17, 2023	Fri	Practice	N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)			

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Feb 27, 2023	Mon	Practice	e N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		
Feb 28, 2023	Tue	Regular Season		6:30 PM		Indian River Middle School Gym #2 (Center), Indian River Middle School Gym#1 (Main Office), Indian River Middle School Gym #3 (Pool Side)		L
Mar 1, 2023	Wed	Practice	e N/A	2:30 PM	4:30 PM	Indian River Middle School Gym #2 (Center), Indian River Middle School Gym #3 (Pool Side), Indian River Middle School Gym#1 (Main Office)		
Mar 2, 2023	Thu	Regular Season	· @ Watertown	6:00 PM		Watertown H S	Bus/Driver: Coaches Montressor/Heath/Walsh/30 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 3:15 PM Return Date: Return Time: 8:00 PM

Date: 2025-12-05